



The Residences

August 2022

**The Residences' After Hours
Emergency Maintenance:**

Please *call* (563) 590-6570. You will automatically be connected with the maintenance employee on-call.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 Stretch It Out! 2:30 Water Aerobics	2 9:45 Chair Strength 10:30 Chair Strength 2:30 Water Aerobics	3 NO CLASS	4 NO CLASSES 4:00 Happy Hour	5 NO CLASS	6
7	8 NO CLASSES	9 NO CHAIR STRENGTH 2:30 Arthritis Aquatics	10 2:30 Water Aerobics	11 9:30 Strength Circuit 10:30 Strength Circuit	12 9:30 Men's Coffee 10:30 Chair Fitness	13
14	15 10:30 Stretch It Out! 2:30 Water Aerobics	16 9:45 Chair Strength 10:30 Chair Strength 2:30 Arthritis Aquatics	17 9:30 Ladies' Coffee 2:30 Water Aerobics	18 9:30 Strength Circuit 10:30 Strength Circuit	19 10:30 Chair Fitness 4:00 Pergola Party	20
21	22 10:30 Stretch It Out! 2:30 Water Aerobics	23 9:45 Chair Strength 10:30 Chair Strength 2:30 Arthritis Aquatics	24 2:30 Water Aerobics	25 9:30 Strength Circuit 10:30 Strength Circuit 1:00 Book Club 5:00 Dinner Night Out	26 10:30 Chair Fitness	27
28	29 10:30 Stretch It Out! 2:30 Water Aerobics	30 9:45 Chair Strength 10:30 Chair Strength 2:30 Arthritis Aquatics NISOM 6:30-8:00	31 2:30 Water Aerobics			<i>Calendar subject to change</i>